SOUTHERN LIVE OAK WELLNESS
PSYCHIATRIC SERVICES
Part of the Southern Live Oak Wellness Family

Spravato - What to Expect

Before your Spravato first session:

- Arrange Transportation:
    - Spravato can cause drowsiness and disorientation, so you will not be able to drive yourself home. Please arrange for a friend, family member, or rideshare service to pick you up after your appointment.
- Fasting Recommendations:
    - To minimize the chance of nausea, we recommend avoiding heavy meals within two hours before your treatment. If prescribed, take Zofran 15-30min before arriving for your appointment.
- Medications & Health Review:
    - Our medical team will review your medications and medical history before treatment. Be sure to inform us of any prescriptions, allergies, or health conditions.
- Wear Comfortable Clothing:
    - You'll be relaxing in our clinic for at least two hours, so we encourage you to wear loose, comfortable clothing. Feel free to bring a blanket or any comfort items you'd like to have with you during the treatment session.

Day of Treatment:

- When you arrive at our clinic for your appointment, our reception staff will check you in and guide you to a private treatment area.
- All new patients must complete a urinalysis drug screen prior to starting treatment.
- Before beginning the session, we will:
    - Answer any last-minute questions you may have.
    - Explain what to expect during and after the treatment.

    - Take Vitals including blood pressure, heart rate, and oxygen levels.
    - Encourage use of the bathroom prior to beginning treatment.
- Administering the Spravato Nasal Spray
    - Unlike IV ketamine therapy, Spravato is self-administered as a nasal spray under the supervision of our trained staff. The process includes:
        - Self-Administration: You will spray one dose into each nostril under medical guidance. Method of use will be explained and demonstrated.
        - Each dose has a rest period of five minutes between dosing.
        - Monitoring: Once dosing is complete, you'll remain under observation in our care for two hours to ensure your safety.
- After taking Spravato, you'll stay in our clinic for observation. Since Spravato can cause temporary side effects, our team will be on hand to monitor and assist you. Common effects during the treatment may include:
    - Dizziness or lightheadedness
    - Mild disorientation or dissociation (feeling detached from reality)
    - Increased blood pressure
    - Nausea
    - Fatigue or drowsiness
- We encourage patients to relax, listen to calming music, or practice mindfulness during this time. Our providers will check your vitals and overall response throughout the session.

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Post-Treatment & Returning Home

- Once the two-hour monitoring period is complete, our team will:
    - Reassess your vitals and mental state.
    - Provide aftercare instructions and schedule your next session.
    - Ensure you have a safe ride home with your designated driver.
- Many patients feel tired, reflective, or mildly disoriented for a few hours after treatment. We recommend taking the rest of the day to relax and avoid driving or operating heavy machinery for at least 24 hours.

Additional Information:

- The things you listen to during treatment matter! We suggest playing calming and peaceful music without lyrics. If you do choose to listen to music with words, it should be something familiar/comforting to you. This is done to help ensure a calm and safe environment for your brain to process your thoughts and feelings.
- Listening to guided meditation can also be a helpful strategy in creating a calm environment.
- Please limit phone screen use in order to maintain mindfulness during treatment.
- Please remain awake during treatment if you can, but if you are feeling very sedated it is okay to fall asleep.
- Use caution when getting up, as Spravato treatment can lead to lightheaded/dizziness. Please ask for assistance from our staff if needed!
- We encourage patients to go to the bathroom prior to treatment, and request assistance from staff if the bathroom is needed during the monitoring period.